

ABSTRACT OF THE DISCLOSURE

A phase-change optical recording medium includes
a phase-change optical recording film that permits
reversible phase change between a crystalline phase and
5 an amorphous phase upon irradiation with light, and an
interface film formed of hafnium oxide, or a mixture of
hafnium oxide and at least one oxide selected from the
group consisting of cerium oxide, titanium oxide and
zirconium oxide, and formed in contact with at least
10 one surface of the phase-change optical recording film.